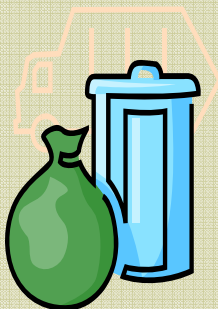


Ways to Reduce Pharmaceutical Waste

- *Don't take samples if you won't use them. It will only create waste*
- *When you are given a new medication, start with a trial size. Don't get a 90-day supply of a new medication, just in case you don't stay on it.*
- *Keep all of your medicine in the same place in your house. This will avoid misplacing and over-purchasing products you already have*



Unused medicine
accumulates and
goes bad

Useful Links:

*New Hampshire Dep't of
Environmental Services
Medication Safety*
www.nh.gov/medsafety

*Northern New England
Poison Center:*
[www.mainehealth.org/
mmc_body.cfm?id=2046](http://www.mainehealth.org/mmc_body.cfm?id=2046)
(800)222-1222

SMARxT Disposal:
www.smarxtdisposal.net

57 Regional Dr
Concord, NH 03310

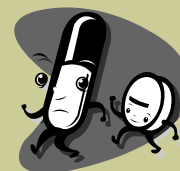
Phone: (603)271-2350
Fax: (603)271-2856
Email: pharmacy.board@nh.gov

New Hampshire Board of Pharmacy



Safe Medicine Disposal

*A message from the
New Hampshire
Board of Pharmacy*



New Hampshire Board of Pharmacy

www.nh.gov/pharmacy

Why do I need to get rid of my old medicine?

Prescription drug abuse has been on the rise and is growing exponentially.

- 70% of people who abuse prescription pain relievers say they got them from friends or relatives, often without their knowledge
- Marijuana and prescription medication are the most common forms of drug abuse
- The majority of poisoning deaths are contributed to misuse of prescription drugs



Why can't I just throw it away or flush it?

- People often go through the trash, and may stumble upon some unused prescription medicine
- These pills can end up being sold or abused
- Flushing medicine introduces extra drugs into the water systems
- New technology is detecting trace amounts of medicine in the environmental and drinking water supply

5 Steps to Safety—Disposal Technique

- 1) Pour your medicine into a sealable plastic bag
- 2) If the medicine is a solid (tablet, capsule), add a small amount of water to dissolve it
- 3) Add an undesirable substance (dirt, coffee grounds, or kitty litter) to the liquid medicine in the plastic bag
- 4) Seal up the bag. Immediately dispose of it in the household trash for regular pick-up
- 5) Use a marker to black out any personal or contact information, as well as the drug information on your empty medicine bottle. Then, the empty bottle can be recycled with plastic wastes.

What should I do about used needles, syringes, or IV bags?

Household Sharps, including needles, syringes, and lancets

- After use, dispose of sharps in a rigid, puncture-resistant container
- Common household containers include bleach bottles and laundry detergent bottles
- Properly seal the bottle with duct tape and **mark that it is not for recycle** before disposing with the household trash
- If your town or city does not allow this, contact the NH Syringe Access Initiative at (603)271-0290, the SHARPs Program (Store Household sharps And Return them Properly) at (800)628-8070, or the NH Department of Transportation Sharps Program at (603)485-3806



When disposed of properly, syringes may be thrown away with your trash

Intravenous (IV) bags

- Empty IV bags can be thrown away or recycled. IV bags with contents should be returned to the medical care provider
- IV bags used for chemotherapy should not be disposed of in the trash. Talk to your health care provider for more information.